



Bulletin

of the Mahoning Valley Medical Society
Fourth Quarter 2016

The Mahoning Valley Medical Society
invites you to
HIT THE JACKPOT!



*Hollywood Gaming
at Mahoning Valley Race Course*
Friday, March 31, 2017

The Mahoning Valley Medical Society
invites you to

HIT THE JACKPOT!
**DOCTORS' DAY
CELEBRATION**

Friday, March 31, 2017
at 7:00 P.M. at

*Hollywood Gaming
at Mahoning Valley Race Course*
655 North Canfield Niles Road, Austintown, OH



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Bulletin

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The Bulletin is published quarterly by the

Mahoning Valley Medical Society, 3855 Starr's Centre Dr., Suite C-3,
Canfield, Ohio 44406.

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www.mahoningmed.org

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The Bulletin reserves the right to edit all contributions for clarity and length, as well as to reject any material submitted, including advertisements.

Subscription rate of \$20.00 per year is included in MVMS dues.

Correspondence and changes of address should be mailed to the above address.

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Calendar

November 8, 2016

Election Day

November 13, 2016

Keith Urban, Covelli Centre

November 17, 2016

*Trans Siberian Orchestra,
Covelli Centre*

November 19, 20, 2016

*Ringling Brothers Circus,
Covelli Centre*

December 21-25, 2016

Disney on Ice, Covelli Centre

January 28, 2017

*Harlem Globetrotters,
Covelli Centre*

February 3-4, 2017

*Toughest Monster Truck Tour,
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IN MEMORIAM

Annelies R. Dziadzka, MD

December 16, 1922 ~ November 22, 2016

Robert "Jenks" Jenkins, MD

June 13, 1922 ~ March 7, 2017



Aging Gracefully

One thing we as a society do poorly is age gracefully. No one ever takes us aside when we are young and teaches us how to change our behaviors as we grow older. We tend to fight aging each step of the way. We want to be young forever; we over value youth and under value age and wisdom. Physical ability is more important than mental ability and companionship. Maintaining the status quo is more important than embracing new adventures and endeavors that present themselves with advancing age.

Daily I deal with patients that refuse to “act their age.” They do not want to give up “living life.” Life to them is what they are able to do, not who they are, not who they love, not what they have to offer. People get stuck on ability instead of the gift of life itself. They equate quality with being able to do what they did when they were younger, not learning to do things differently as they get older. They can’t fathom having any quality of life if they can’t continue to chop wood, run marathons, ski, play tennis, ride a motorcycle, drive a car, power lift, etc.

I believe the answer is in persistent education. We must lead in this role, through routine interaction, but also by example. We are the humans that are most in tune to functional limitations related to advancing age. We are invested in functionality and moderation in order to protect our bodies and organ systems. We actively see aging and death and have different worldly views of them than the average lay person. We understand the process of aging gracefully. The problem is many of us fight it just as much cause we haven’t had the training either!

I believe every person eventually faces a moment in life when s/he has the realization that s/he can no longer continue to do something s/he really wants to. This is the moment that begins the process of aging either gracefully or painfully. It may take some time to digest and learn that change is necessary, but some people learn to accept the change and others fight it to the literal death. My moment was early in life. At seventeen I faced my first back surgery due to a herniated disc from weight lifting for football. I fought the battle all the way through college, and after my third back surgery my senior year at Xavier, I finally learned my lesson that I had to change or continue to suffer more pain and anguish related to my back. I changed my ways and said a final goodbye to the life I used to know. I now feel I am ready to age gracefully and not fight the necessary changes the rest of the way. I still smile a little when I meet a ninety year old that has yet to face that battle and it happens when I recommend they use a walker. They have been so healthy that this is that first moment s/he has had to face the realization of a major loss of independence due to aging. It is a painful process, but one that is necessary and deeply spiritual and allows us to age more gracefully moving forward.

Our society needs to take some large steps in the advancement of the understanding of our role as we advance in age. Our social system needs to begin to provide everyday help to the aging community in an affordable way. Don’t we need job production anyway? We need to establish functional and age appropriate recreation nation-wide to improve physical and psychological well-being. We need someone really wise to write the book on this subject and get it to our patients! Actually, a few books have been written on the subject and they are interesting reads. I recommend anyone to google or amazon search for books on aging gracefully and consider reading the one that sounds the most interesting to you and then pass it on! Let’s help in the advancement of our civilization to learn ways to recreate ourselves as participants in the journey of aging in a graceful way!

A handwritten signature in black ink, appearing to read 'S. McGrath' with a stylized flourish at the end.

From the President

by Lyn E. Yakubov, MD



Do It Anyway

In this the last message of my presidency term, I must first and foremost thank Karyn Frederick, Executive Director of our Mahoning Valley Medical Society. Her dedication has consistently kept the organization out in front and "on top of things" and moving forward. Her passion and joy for the Society's responsibilities and for all of its members has created a fun and truly enjoyable organization. I encourage you all to consider being involved with us!

A New Year allows us to reset our perspectives and to reflect on the Spirit in which (by which) we live our lives. The verses below reportedly were written on the wall of Mother Teresa's home for children in Calcutta, India and are widely attributed to her. Some sources say they were written on

the wall of her very own room. Others say these words may be based on a composition originally penned by Dr Kent M. Keith in 1968 as part of a booklet for student leaders.

The Paradoxical Commandments by Dr Kent M. Keith (1968)

People are illogical, unreasonable, and self-centered.
If you do good, people will accuse you of selfish ulterior motives.
If you are successful, you win false friends and true enemies.
The good you do today will be forgotten tomorrow.
Honesty and frankness make you vulnerable.
The biggest men and women with the biggest ideas can be shot down
by the smallest men and women with the smallest minds.
People favor underdogs but follow only top dogs.
What you spend years building may be destroyed overnight.
People really need help but may attack you if you do help them.
Give the world the best you have and you'll get kicked in the teeth.

Love them anyway.
Do good anyway.
Succeed anyway.
Do good anyway.
Be honest and frank anyway.

Think big anyway.
Fight for a few underdogs anyway.
Build anyway.
Help people anyway.
Give the world the best you have anyway.

Mother Teresa's Version

People are often unreasonable, irrational, and self-centered.
If you are kind, people may accuse you of selfish, ulterior motives.
If you are successful, you will win some unfaithful friends and some
genuine enemies.
If you are honest and sincere people may deceive you.
What you spend years creating, others could destroy overnight.
If you find serenity and happiness, some may be jealous.
The good you do today will often be forgotten.
Give the best you have, and it will never be enough.
In the final analysis, it is between you and God.

Forgive them anyway.
Be kind anyway.

Succeed anyway.
Be honest and sincere anyway.
Create anyway.
Be happy anyway.
Do good anyway.
Give your best anyway.
It was never between you and them anyway.

And one final thought. If you knew you had only one more day to live, who would you call, what would you say, what would you do, and for whom . . . and what are you waiting for? Well then, do it today (and tomorrow . . . and the next day . . . and . . . [What on Earth am I Here For?: The Purpose-Driven Life; Rick Warren]).

Thank you for all of your support!

Lyn E. Yakubov MD



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Bits 'n' Pieces

NEW WEBSITE

Our new website should be finished soon. It has taken a little longer than anticipated so that we can make sure it's perfect when we roll it out to our members. Each MVMS member will have his or her own page and be able to communicate with other members. We will also be able to push information out to members in a more timely fashion. Look for the announcement soon!

ALLIANCE FASHION SHOW

Congratulations to the Mahoning County Medical Society Alliance for another successful Champagne Brunch and Fashion Show! Money raised will be donated to Compass Family Services Rape Crisis and Counseling Services.

NEW OSMAA PRESIDENT

In April Diana McDonald, immediate past-president of the MCMSA will be inaugurated as the 2017-2018 President of the Ohio State Medical Association Alliance. Congratulations, Diana!

OSMA HAS NEW CEO

Todd Baker has been hired as the new Executive Director of the Ohio State Medical Association. Todd has been the co-executive director and assumed the directorship upon the retirement of Brent Mulgrew. We look forward to working with Todd.

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Jacqueline Parkins, DO

Anesthesia

Bel Park Anesthesia Associates, Inc.
4135 Boardman Canfield Rd.
Canfield, OH 44406

Medical Education: Ohio University School of Osteopathic Medicine
Internship: Youngstown Osteopathic Hospital, Youngstown, OH
Residency: Youngstown Osteopathic Hospital, Youngstown, OH

Richard T. Esper, MD

Cardiology

The Heart Center
250 DeBartolo Place
Youngstown, OH 44512

Medical Education: Temple University School of Medicine, Philadelphia, PA
Internship: Hahnemann Univ. Hospital Drexel Univ., Philadelphia
Residency: Hahnemann Univ. Hospital Drexel Univ., Philadelphia
Fellowship: Henry Ford Heart & Vascular Institute, Detroit, MI

Mark E. Rea, MD

Cardiology

The Heart Center
250 DeBartolo Place
Youngstown, OH 44512

Medical Education: NEOUCOM, Rootstown, OH
Internship: Penn State Univ., Hershey Medical College
Residency: Penn State Univ., Hershey Medical College
Fellowship: Metro Health Medical Center, Cleveland
Fellowship: University of Massachusetts Medical School

Joseph Graziano, MD

Cardiology

The Heart Center
250 DeBartolo Place
Youngstown, OH 44512

Medical Education: Ohio State University School of Medicine
Internship: Cleveland Clinic Foundation, Cleveland
Residency: Cleveland Clinic Foundation, Cleveland
Fellowship: Cleveland Clinic Foundation, Cleveland

Jeffrey Halley, MD

Cardiology

The Heart Center
250 DeBartolo Place
Youngstown, OH 44512

Medical Education: Case Western Reserve University
School of Medicine, Cleveland, OH
Internship: Metro Health Medical Center, Cleveland
Residency: Metro Health Medical Center, Cleveland
Fellowship: Metro Health Medical Center, Cleveland

Michael Scavina, MD

Cardiology

The Heart Center
250 DeBartolo Place
Youngstown, OH 44512

Medical Education: Ohio State University School of Medicine
Internship: Western Reserve Care System
Residency: Western Reserve Care System
Fellowship: St. Francis Medical Ctr., Pittsburgh, PA
Fellowship: Allegheny General Hospital, Pittsburgh



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MVMC and the OSMA were not informed of the sale or potential sale of AccuMedical. We have since terminated our relationship with AccuMedical and have chosen a new Preferred Partner, MedAssure. If you have a current agreement with MedAssure, they are offering your practice a 5% discount off of your contract. If you were a customer of AccuMedical, MedAssure will offer you the same rate that you were previously paying, plus a 10% Fuel Surcharge similar to that which you paid AccuMedical.

As of this communication, we have had no official information about how existing MVMS member contracts with Acc Medical are being serviced by Stericycle. Members should review their existing contracts and speak directly with Stericycle concerning available options.

If you wish to take advantage of this member benefit, you may call the Society office at 330-533-4880 and ask that the appropriate forms be sent to you, or you may contact Joe Teichman at MedAssure (732) 363-4444 ext. 210 to make arrangements to sign up and schedule pickups.

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Thank You Steve Hupp, Esq.

MVMS would like to thank Steve Hupp, Esq. and Bonezzi Switzer Polito & Hupp Co., LPA, for sponsoring our Installation Dinner in January, and for the excellent program "Anatomy of a Medical Malpractice Lawsuit" and "Operator's Manual for the Witness Chair" presented by Atty. Hupp. All those in attendance agreed that the program was one of the best we've ever had.



Attention was riveted on Atty. Hupp(center) during his presentation.

Meet the New TEAM



Kathy Brakus
Agent - auto, Home
and Commercial



Dennis Miller
Agent - auto, Home
and Commercial



Karen Armstrong
Agent - Life, Health
and Disability

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When is the last time you had your home and auto insurance reviewed? We will make this quick and painless for you to see if you have the best policy for you. We have companies who recognize your commitment to education and learning and will offer you discounts for that knowledge. We have been working in our Poland office for 2 months now and have already created significant savings for our customers. Let us give you a second opinion.

Huntington Insurance

TAIL Professional Insurance // (Extended Reporting Endorsements or ERE)

In the past, a physician leaving a practice or having to stop her/his professional claims made policy (if other than retiring) had to consider the acquisition of an extended reporting endorsement or tail coverage, as it is commonly known.

Such acquisitions are costly, as some know, with standard premiums ranging upwards of 200% or so of mature claims made premiums. Oftentimes, tail premiums are calculated with discounts stripped out so the sticker shock becomes even bigger.

The Insurance market now provides *alternative tail options* through other carriers offering indefinite coverage (a must, if available, for this kind of coverage), financially stable carriers and competitive pricing. Consider these recently placed actual cases:

Incumbent Carrier/Radiology

Limit: \$\$2,000,000/\$4,000,000

Basis: Indefinite

Premium: \$82,000

Alternate Carrier/Radiology

Limit: \$2,000,000/\$4,000,000

Basis: Indefinite

Premium: \$42,000

Incumbent Carrier/Rheumatology

Limit: \$1,000,000/\$3,000,000

Basis: Indefinite

Premium: \$23,375

Alternate Carrier/Rheumatology

Limit: \$1,000,000/\$3,000,00

Basis: Indefinite

Premium: \$17,500

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